



Egg Frying Manual



Frying Egg Mixture with Onion & Pepper



Ingredients



For 1 egg (1 serving)

- 🥚 1 egg
 - 🧈 2 teaspoons oil, butter, or ghee
 - 🧂 1 pinch salt (about 1/8 tsp)
 - 🌶️ 2 pieces chopped black pepper
 - 🧅 1 piece chopped onion
 - Bowl and fork or whisk
 - Frying pan
 - Spatula
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Cooking Instructions

1. ☐ **Prepare the Mixture:**
 - Crack the **egg** into a bowl.
 - Add **chopped onion, chopped pepper, and salt**.
 - Beat well with a **fork** or **whisk** until combined.
2. ☐ **Preheat the Pan:**
 - Place the **frying pan** on **medium heat** and heat it empty for 1–2 minutes.
3. ☐ **Add Oil:**
 - Pour **2 teaspoons of oil** or **butter** into the hot pan.
 - Wait 10–20 seconds until the oil **shimmers** (soft, wavy shine).
 - Tilt the pan to spread the oil evenly.
4. ☐ **Cook the Mixture:**

- Pour the **egg mixture** into the pan.
- Let it cook undisturbed for **2–3 minutes** until the edges set.

5. **Flip or Stir (Optional):**

- For a flat omelet style: **gently flip** and cook another **1–2 minutes**.
- For scrambled style: **stir gently** until fully cooked.

6. **Serve:**

- Use a **spatula** to transfer to a plate.
- Enjoy your **flavorful onion-pepper egg!**



Why Use a Fork Instead of a Spoon to Beat the Egg Mixture?



Fork is better because:

Reason	Explanation
 Better Mixing	The tines (prongs) of a fork break the egg yolk and white more easily and mix them evenly.
 More Air	Forks let you beat air into the egg, making the mixture a bit fluffier.
 More Control	It's easier to stir in circles or back-and-forth with a fork, which helps blend the salt, onion, and pepper smoothly.



Equipment Overview

Here are the tools you'll need:

- **Fork:** Best for mixing and adding air to the egg.
- **Spatula:** Used for flipping and transferring the egg to the plate.
- **Frying Pan:** Essential for cooking the egg mixture.



Figure 1.1: Tea Spoon, Table Spoon



Thumb Tip

Figure 1.2: Thumb Tip



Figure 1.3: Fork



Figure 1.4: Spatula



Figure 1.5: Frying Pan

Why Cooking in Advance is Beneficial

You can also **cook the egg mixture ahead of time** and store it in the fridge for later use.

1. **Cook the egg mixture** following the above steps.
2. Let the cooked egg cool down to **room temperature**.
3. Store in an **airtight container** in the **fridge** for up to **3 days**.
4. When ready to eat, simply **reheat** in the microwave or on the stovetop.

Bonus Tip: You can also make a **larger batch** and refrigerate it for meal prep!

Should I Buy 1 dozen or Half Dozen Eggs?

If you plan to use **eggs for both breakfast and lunch daily**, **1 dozen eggs** is the **best choice**:

- **1 dozen (12 eggs)** will cover **6 days** of meals (1 egg per meal for breakfast and lunch).
- **It's cost-effective** and you'll have enough for other recipes if needed.
- **Eggs last up to 3 weeks** in the fridge, so buying a dozen won't be an issue if you use them regularly.

Half dozen (6 eggs) may be enough if you only plan to use **eggs for 3 days**.

Why 1 dozen Eggs Saves Time and Trips

1. Fewer Shopping Trips:

- Buying **1 dozen eggs** means you won't need to go to the store for eggs every few days. You can stock up for an entire week (or longer), which reduces the number of trips you make to the grocery store.

2. Convenience:

- With **12 eggs**, you have enough to last through multiple meals (like breakfast and lunch) without worrying about running out halfway through the week.

3. Saves Time:

- Instead of spending time shopping for eggs every few days, you can focus on other tasks. Having a dozen eggs stored at home means you can quickly grab them whenever you need them without adding extra steps to your day.

4. Cost-Effective:

- **Buying in bulk** (1 dozen) often costs **less per egg** than buying smaller quantities. You'll be spending less money on trips to buy individual eggs.

5. Longer Shelf Life:

- Eggs last about **3 weeks** in the fridge, so buying a dozen ensures you have them for longer without worrying about them going bad quickly.
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Price Breakdown

Region	Cost per 1 Egg	Cost for 12 Eggs (1 dozen)
 Bangladesh	৳12–৳20	৳144–৳240
 International	\$0.25–\$0.50	\$3–\$6
 Eurozone	€0.22–€0.44	€2.64–€5.28

Quick Overview

- **Total Cooking Time:** 10–15 minutes
- **Servings: 2 meals** (breakfast and lunch)
(1 day = 2 meals, half for breakfast and half for lunch.)
- **Difficulty Level:** Easy
- **Perfect For:** Quick, nutritious meal for one

Frequently Asked Questions (FAQs)

- **Can I prepare this ahead of time?**
Yes! You can cook the egg mixture in advance and store it in the fridge for up to 3 days. Reheat it when you're ready to eat.
- **Can I substitute eggs with something else?**
If you're looking for alternatives to eggs, you can try using tofu or chickpea flour (besan) for a plant-based option, though cooking times and methods may differ.
- **Can I freeze leftovers?**
It's best to **not freeze** cooked eggs as they can change texture upon thawing. However, you can refrigerate them and consume them within 3 days.

Nutritional Information (For 1 Day - 2 Meals (Breakfast and Lunch))

If you're consuming **2 eggs per day** (1 for breakfast, 1 for lunch), the nutritional breakdown would be:

- **Calories:** ~140 calories
- **Protein:** ~12g

- **Carbs:** ~2g
 - **Fiber:** 0g
 - **Fat:** ~10g
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What's Included in Each Serving?

Each serving of this egg recipe gives you a hearty and balanced meal. Here's what it includes for **1 egg**:

-  **1 egg**, which is the base of your meal.
 -  **Protein:** Each serving has about **6g of protein**, which helps keep you full and satisfied.
 -  **Fiber:** Eggs contain **0g of fiber** (not a source of fiber).
 -  **Carbs:** Each egg provides around **1g of carbs**, minimal in carbs.
 -  **Healthy Fats:** Just **5g of fat**, with approximately **1.5g of saturated fat**.
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Example of What You Get Per Serving:

Think of it as **one egg**, which cooks up to a flavorful egg mixture. This is enough for **one filling meal** and pairs perfectly with rice, roti, or vegetables.